

macaroni & cheese⁵

Number of Servings: 5 (147.24 g per serving)

Amount	Measure	Ingredient
2 1/2	cup	Pasta, macaroni, semolina, elbow, dry
2/3	cup	Sour Cream, light
1.00	Tbs	Spice, onion, minced, dehyd
1/4	cup	Milk, 1%, w/add vit A & D
2.00	cup	Cheese, cheddar, low fat, shredded
0.06	tsp	Salt, table, iodized

Nutrients per serving

Nutrition Facts		
Serving Size (147g)		
Servings Per Container		
Amount Per Serving		
Calories 330	Calories from Fat 70	
% Daily Value*		
Total Fat 7g		11%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 20mg		7%
Sodium 330mg		14%
Total Carbohydrate 45g		15%
Dietary Fiber 2g		8%
Sugars 5g		
Protein 21g		
Vitamin A 6%	• Vitamin C 0%	
Calcium 30%	• Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Notes

Macaroni will double in volume when cooked.

If needed milk can be almost doubled. Mixture should be creamy when poured into steam table pans.

Potentially Hazardous Food: Food Safety Standard: Hold food for serving at 140 degrees or above.

Cook macaroni in unsalted boiling water until tender. Stir in other ingredients, pour into steam table pan(s) and bake, covered at 350 degrees for 20-25 minutes until 180 degrees and bubbly. Transfer to steam table and serve.

1 serving = 1 cup = 2 #8 scoops

1 cup = 45 grams Carbohydrate = 3 Carb Servings